# THE TIMES DAILY MAGAZINE PAGE

### Honors for War Nurses Supplant Men Advised to Talk to Women of Real Things— Hopes, Ambitions, Plans

"We Are Real Creatures, Made of Flesh and Blood-Do Not Talk Up or Down to Us," Urges Woman Writer.

By WINIFRED BLACK.

(Copyright, 1915, by Newspa per Feature Service, Inc.) HE gentleman from the sunny and wondered. Was this the little, South stood up to speak at the luncheon in the friendly North the world?

South stood up to speak at the Juncheon in the friendly North the other day.

"I have never spoken to a ladies' club before," said the distinguished guest, "and I am a little embarrassed.

"I asked the president of this club how to talk to you, and she said: "Talk to us as if we were men, about whatever interests you. The only thing is, don't talk down to us." I can't imagine what she meant. I have never talked down to a woman in my life. I always talk up to them."

And we all laughed and applauded and were ver; pleased.
I wonder if the distinguished guest really thinks he really meant what he said.
I the other day.

She made us sigh, she made us exuit, she made us riumph. With her we despaired. Life and love and laughter, the voices of little children, the sugh for our of the surf, the song of the winds in the sighing trees—all this we heard, all this we felt when she who had worked so hard suit the sighing trees—all this we heard, all this we felt when she who had worked so hard laughter, the voices of little children, the faces of old friends, the roar of the surf, the song of the winds in the sighing trees—all this wept, with her we despaired. Life and love and laughter, the voices of little children, the faces of old friends, the roar of the surf, wept, with her we despaired. Life and love and laughter, the voices of little children, the sigh for the sigh for the surf, wept, with her wept,

he said.

I have heard him talk "up" to the ladies, and it was all I could do to keep think to answer him.

ladies, and it was all I could do to keep from smilling.

All he said was something about birds and flowers and the ovening breeze, and the fair lilies and the blushing rose, and sweet music and the poets, but every time he got a chance he said something about bright eyes and sweet voices and vely forms, too, and most of the men who listened to him pinched hands very close together under le and did the best they could come laughing outright.

Tell us the things we really want to know—your hopes, your plans, your disappointments, your ambitions. Talk to us of the real things of life once in a spointments, your ambitions.

Her Training Cost.

it of really think they are talking men when they talk to us man and like this-the very polite entlamen who still believe that women but do not think?

o they really mean what they say waen they pretend to think we aren't human at all, but just lovely angels, who live on honey and dew and never think in anything but poetry or blank

Where all they get such a idea? Not from us, you may be sure. A woman I know has worked for ten

years to learn to play the piano.

She gave up her youth and her strength and her home and her friends. She left her native country and said good-by to her brothers and sisters, and she left her mother to die alone among strangers while she went and studied.

Day and night she studied, month in and month out.

and month out.

Spring came in beauty; summer passed in glory; autumn came in triumph, and the snows of winter fell in fury. She knew nothing, she dreamed nothing, she felt nothing but her work.

And now she has graduated from a great conservatory, the favorite pupil of a famous teacher, and the other day she came home across the ocean and she gave a concert.

We all went to the concert and heard

AVE you ever thought of

the importance of taking

a heliday in relation to

do not mean the weeks spent away

from household cares or business.

but the single day spent in the

woods or on the water. Just a

day's respite from the monotony of

housework or the grind of busi-

ness.
It is the opinion of Europeans

that Americans live too rapidly; that not enough time is spent in rest and relaxation. For this rea-

son Americans are considered a nervous people, who haunt the re-sorts for the treatment of nervous

In the strenuous living and rush

and the complexion, eyes, hair, and

and the complexion, eyes, hair, and figure soon begin to pay the price for lack of rest and relaxation.

If women would only realize that one day of complete relaxation now and then would restore the vital forces and, perhaps, save them from long weeks of illness and suffering from nervous prostration, resulting in a loss of good looks.

But when the average women

looks.
But when the average woman takes a holiday she works harder than she would at home. Rising earlier than usual, she packs the lunch, which she has labored hard to prepare the day before. Then the children must be dressed, if there are children to be taken along, and she must dress herself, all before starting out for a day in the tark or country. In her eager-

the lark or country. In her eagerness to get every particle of pleasure from the day's outing, she bustles about from place to place in
stuffy, uncomfortable clothing,
and returns home in the evening
far more tired than if she had re-

mained there and attended to her delly duties. Now that the days are pleasant—

not too warm nor too cold—I am going to tell you how you can spend a day in the woods and come home refreshed and eager to as-

A Water Trip.

this day's pleasure. Row or canoe

to your destination, so that the exer-

cise will benefit the muscles of your

arms, back, and abdomen. Remem-

ber not to row the boat as if you were a contestant in a race. Take long, steady strokes, and rest every now and then, so as not to over-exert yourself before the day is well

when you have reached an ideal spot under the trees he flat on your back, with the soft, sweet grass for bed and pillow, and completely relax every muscle. This will rest you after the exertion of rowing or walking to the weeds.

ing to the woods.

Now take a book or magazine—if you saloy reading—and read, or if you have a consenial companion to share your holiday, take turns at

reading sloud—or just dream.
When it is time for the noonday meal take your dainty, nourishing banch—packed in boxes that can be

It possible, include a water trip in

your tasks with renewed

good looks? By holiday I

We all went to the concert and heard her play, and while she played I sat

Ostracism of Fifty Years Ago Aunt Becky Price Asserts It Took Real Nerve and Patriotism to Enter Army

Hospitals of Half Century

IFTY years ago American women were smitten with the bee of being sturses just as European women are today, according to Aunt Becky Price they had the "dell" of a time at it, and instead of having columns written about them in the papers and even being decorated badges of honor, they were in some cases ostracized socially for their

And since Aunt Becky Price was one of them, and is today president of the National Volunteer Army War. Nurses' Association, she knows all about it.

"I tell you it took a lot of real nerve and patriotism in those days to leave all of the comforts of home and protection of relatives and go out into those hospitals," she said today. Great clear eyes that had looked on bloodshed unafraid glistened with tears at the remem-brance of her terrible ordeal of ser-

"When I made up my mind to volunteer I just went up and asked for a pass from the governor of Pennsylvania and went into one of the hospitals and announced that I had come to minister to the sick. That was all that there was to it; no first-aid training, no graduation from a nursing school, but just the guarantee of my face and my com-

mon sense."

A light caught her glasses at that moment and, hidling the eyes, drew the entire attention to her face. In the firm lips, the sound jaw, and the uncompromising nose came a glimpse of what little Becky Price of fifty years ago might have been, and the mental observation was made that there was no wonder that the governor of Pennsylvania did the governor of Pennsylvania not refuse her request, I mused. Wore No Uniforms.

Were girls made of better stuff in those days, or are the girls who have been forced to leave Europe and a nurse's career in this war merely the victims of a demand for greater efficiency and more scientific training? However, Aunt Becky Price didn't



MRS. REBECCA LANE PRICE.

make any unkind observations her-self, and went on rapidly.
"Nurses in those days didn't wear uniforms. They just put on what-ever they happened to have that was clean. For my part, I always wore gingham dresses with starched white collars and cuffs. It seemed neater,

collars and cuffs. It seemed neater, somehow.

"The relative number of nurses and sick was dreadfully out of proportion. At one time I was volunteer nurse at a hospital with 2,000 wounded, and do you know that there was only one other nurse besides myself? Why, we were so in need of help that we had to have some of those not seriously wounded as aldes. Of course, it was impossible to give those poor fellows the right sort of attention, but we did our best—which was all that any two women could.

Meet Opposition.

Meet Opposition. "When woman nurses first made their appearance in the field hospitals the men didn't want us to

They said that the things come. taking place there all the time weren't fit for women to see. At last, though, the nurses were the most popular branch of the army, and the soldier boys vowed they couldn't get along without us.

"You see, I wasn't sent out under the Sanitary Commission. I was a

Untrained Women Wore No Uniform, Used Only Common Sense, Paid Their Own Expenses, and Took Every Risk.

volunteer nurse. Of course, we were more independent than others because we could do exacily as we pleased. That didn't make any difference, however. If the sick soldiers were in a poorly-equipped hospital and had to sleep on the floor, we did, too. If they were so fortunate as to have cots, we had them after they had been supplied. "The work in field hospitals was only part of my activities. When I went home for brief visits I did recruiting for the relief societies. There were bandages to be rolled and other hospital supplies to be secured. Every time I returned to the army from a trip to my home town I took about two tons of food. In the winter the women of the town sent all sorts of good things. There were boiled and roasted chickens, boiled hams, rounds of beef, home-made preserves and pickles, barrels of flour and vegetables, sugar and other things that were real delicacies to the poor soldiers who had been surviving on rations of bacon and hard-tack for months, maybe. months, maybe.

Chnage Public Opinion. "Young women didn't enter into active field service. Dorothea Dix wouldn't take any under twentyfive. Besides, there was such a wave of popular sentiment against women who were so bold as to enter nursing, particularly as volunteer nurses. Young women, who were much less independent and more sheltered than now, were not allowed to go. Just think of it!

"I think the returning soldier boys to whom we had ministered must have helped to change public opinion nave neined to change public opinion in our favor, because when Clara Barton founded the Red Cross move-ment she met with ready response. Clara Barton pinned this badge on

Clara Barton pinned this badge on me with her own hands."

Mrs. Price indicated a tiny button of white with its blurred red cross that has a place of honor near her medals and badges.

Small and obscure, it is her greatest treasure, for it proves not only that she has done honorable service for her country, but that she did so at a time when such service was questionable, when modern medicine was in its infancy, and when death in a thousand varied forms waited for her—truly a remarkable record. for her-truly a remarkable record and one which can never be equaled.

days ago, that they have stood by the bedsides of the dying and have heard no humiliating abuse of their enemies. Neither do the women speak in rancor and bitterness of heart. Where sorrow is so great, there is little room for hatred.

The women of this country have been spared the agonies of Europe. It would be well if the men would learn from Austria's women to stand fast against the doctrine of hate.—Evening Ledger, Philadel-

Voters With Sense of Humor.

freedom from political duties." says

an "anti" poster in New York in

huge letters. Why should any one

ask to be freed from a duty? It is

one of the greatest anomalies of the

present men-only regime that the

duty of woman's political service

exists and the opportunity to per-form the duty is denied. The voter with any sense of humor may be trusted to see the incongruity and vote accordingly.—Springfield Re-

Poincare's Tribute.

Madeline Daniau, the fourteen-

year-old French girl. who has been

decorated by President Poincare

with the Cross of Lorraine, is not

the only nonmilitant French citi-

zen who has risen to the occasion

"Woman's right is the right of

hate .- Evening Ledger.

## Strains and Sprains Are Easily Cured by Hot Baths and Rest

By DR. LEONARD KEENE HIRSHBERG.

(Copyright, 1915, by Newspa per Feature Service, Inc.)

OST men have a fool in their sleeves. It is proved in many ways. They are forever violating and bucking the inexorable laws of cause and effect. No honest finan ever made a success of gambling. Disaster is inevitable. Does this stop a man from trying it? Not a bit of it.

In the same spirit you allow no give and take to your muscles, yet you are amazed when you sprain your ankle suffer a stiff hip joint or otherwise fall a victim to some disorder from which more agile muscles might have aved you.

Sore muscles are often nothing more nor less than bruises due to abrupt violence of mild or severe degree. Blows, kicks or other unusual experiences may cause an outrush of lymph or blood from the veins to the muscle fibers. The muscles, indeed, may be slightly scratched or torn beneath the skin.

Such mishanes go by the lackadaisican name of strains or sprains. They are characterized by a dull ache, pain increased on movement, iil-defined and deeply situated soreness, and swelling and at times the discoloration called a bruise appears.

Buch mishanes go by the lackadaisican name of strains or sprains. They are characterized by a dull ache, pain increased on movement, iil-defined and deeply situated soreness, and swelling and at times the discoloration called a bruise appears.

### Answers To Health Questions.

heart beats very fast, and I seem to lose control of myself, also my mind becomes almost dead, and refuses to work properly. This is just for a minute or two, and then it is all gone. Kindly give me the cause and remedy. Should twelve the saw they were from epilepsy? If 80. say they were from epilepsy? If so, what will kill this disease? Do you consider it serious? 4. What causes pressure on the top of my head?

Jaundice, gall stones, cirrhosis of the Jaundice, gall stones, cirrhosis of the liver, and local skin moulds may cause yellow spots. If it is the latter, sait and ammoniated mercury ointment may help. 2. This may be the result of an empty stomach—waiting too long before taking food. Try a little food between meals. 2. It is not epilepsy; neither is it serious. 4. Often a momentary speeding up of the blood flow does this. It is harmless in persons with soft arteries.

J. L.-Will you please advise me what to do for hay fever? This is the sixth year that I have had same, and would creatly appreciate some remedy for it. Send a stamped, addressed envelors for the address of a laboratory where a helpful vaccine may be obtained.

T. P. L.—I am the possessor of a bicycle and ride it every day. I am after the championship title, but I am troubled with my wind. I can ride at a great pace for three or four miles, and then I suddenly give out, while the rest of the fellows go ahead for miles and miles. and miles. What would you advise me to do? I am also troubled with my gums, when I brush my teeth they bleed—my gums are purple. Would you kindly suggest something for me to do

You will have to give up the competi-tion bicycle riding. Any one short of wind strains the heart and other vital tissues, and has physically no chance of any championship other than death.

2. Pyorrhea is treated hypodermically with one-half a grain of emetine; with staphylococcus and streptoccus vaccines, with increasing doses of iodide of potash in water after meals, beginning at fifteen drops and increasing on doors. drops and increasing on drop at a time until fifty drops are being taken, with scraping of the teeth by a dentist; all of these must be done. Take five grains each of hexamethylenamine and citrate of soda every four hours in water.

W. D. W.-Will you kindly give me w. D. W.—Will you kindly give me some of your valuable assistance in reference to my little daughter's case? She is six and a half mears old. After retirinig and sleeping from an hour to an hour and a half, she jumps out of bed and runs around the room crying and screaming, sometimes for five minutes at a time. She does not have them every night, sometimes she may go

Autumn Notes.

Red-turreted the trees stand in the wood. Far goldenrod and asters fringe Black wasps are buzzing bout the

cornices Of barns, and nesting in the rafter-The apples lie low dropping to the

The grapes cling clustering to the garden wall,

And ripened nuts are falling all September sounds the note of Fall!

Rose de Vaux-Royer, in the
Nautilus.

Jones What causes large yellow spots to appear on my body? What will help me? 2 Sometimes I become nervous and feel like I am going to faint, my heart beats very fast, and I seem to advice which you may think proper to

It is very likely that this child is around emotional, hysterical people much older than herself. The child should sleep alone, retire early, sleep twelve hours in the twenty-four, rest for a couple of hours in the afternoon, have no excitement, and not be allowed to romp with other children, also she should be given a hot bath, after which a glassful of warm milk—this will help her.

### PERSONAL ADVICE.

Readers desiring advice should remember:

 To address inquiries to Dr. L. K. Hirshberg, care of The Washington Times. 2. To enclose a stamped and ad-

dressed envelope if a personal reply is desired.

## Ten Household Helps

By MRS. CHRISTINE FREDERICK (Copyright, 1915, by Mrs. Christine Frederick.) Many, indeed, are the helpful tools cleaning easier. Some have been in general use, others are but recently shown. Here is a list of many which

may appeal to those about to plan the fall housecleaning campaign.

1-Wall brush-leng handle, soft fiber brush, for cleaning down walls, reaching door tops, moldings etc.

Can be also covered with cheesecioth sack, easily shaken clean, of washed in warm suds. Price, \$1.50. 2—Short-handled erush—of similar fiber for picture backs, stairs, dustbooks, basebeards. Price, 50

2-Housemaids' cleaning pail square, with compariments for soap, cleansers, cloth, etc. Heavy retin-ned ware, with good handle. Price,

4-Radiator baush-narrow thin handle with bristles on end to clean between, radiator pipes. Price, 50

between, radiator pipes. Price, 50 ccnts.

5-Glove duster-square, of felt cloth, with stitched hand pocket on it so that hand is covered while dusting. Price, 50c.

6-Long - handled dustpan -- light, casily carried on arm; self-closing pan of box shape, holding waste without spilling. Price 50 cents.

7-Oil mops-mop of fiber, mounted on long handle. Crown of mop triangular and flat, so that it can be used under radiators and pianos. Price, \$1.09.

8-Household tool box-with compariments for tacks, screws, etc., fitted with hammer, scrcw-driver, assorted nails and hooks, and mending tape. Price, \$2.00.

ing tape. Price, \$2.00.

9-Button brush-small pointed brush of stiff bristles, for brushing fabric chairs and mattress buttons. 10—Chemically impregnated metal cloth—for polishing metals and windows without water and pastes.

## Sisman, Cohn Co. G Street, Corner 12th

Frice, 25 cents.

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## Women's Practical Coats

For Traveling and Motor Wear.

Misses' Novelty Sport Coats For College and School Wear.

Regular Values \$12.50 and \$15, at

These Coats are from 36 to 50 inches long in loose, swinging or belted models. Choice of English mixtures, broken checks, plaids, and novelty mixtures in brown, gray, blue, green, etc.



A Beautiful Assortment of New Fall Waists, at .... \$2.95

# What They Say About Us

Pertinent Interests of Women As Viewed By Editorial Writers of the Newspapers.

Women Vote In Palestine.

A Holiday For Beauty The equal suffrage movement grows quietly and steadily, even where very little is heard about it. How many Americans know that How a Day's Relaxation Will Spur Physical for a quarter of a century women have been voting in Palestine? This Forces to Restore Good Looks.

a little!

Tell us the things we really want to know—your hopes, your plans, your disappointments, your ambitions. Talk to us of the real things of life once in a while. You'll be surprised to see what real creatures we are; made of flesh and blood, just like you, after all, we women.

The Long Road.

We are women together-my mother

With our eyes on the dull gray

past,
And the pain she knows is the pain
I see,
For our ways are one at last.

Oh, the roads were rough and the sharp wind tore
As she battered flercely ahead;
And my brain grew sick and my heart grew sore.
But I followed her whither she led.

For a mother's cry is a daughter's

load.

And the mothers lag and the daughter's fly
Till they meet on the flint-strewn road!

It was sweet to rush to her mielding breast.

But it's better to clutch her hand.

And we know our love is the love that's best.

For both of us understand.

Jane Burr, in New York Times.

And the load is the same hard

and me.

By LUCREZIA BORI.

(Convright, 1915, by Newspaper Feature Service, Inc.)

is the case in all the Zionist colonies The first of these villages was started twenty-five years ago, with a population of 200, which has now thrown away—and eat it slowly. En-joy every morsel of food, chatting the while of pleasant topics that will grown to 1.100. Other colonies have been founded since, until today Palestine has about forty purely bring joy to your heart and a smile to your lips. Jewish villages. Norman Hapgood,

> describing them. He says:
> "The government of this (first)
> colony, and likewise of those that colony, and likewise of those that began later, is extremely democratic. In the beginning every landowner had a vote on any question that arose. These questions at first were mainly pecuniary. There were, however, in the colony many workingmen who had no land; the children of these farm-helpers went to the schools, and it was realized that they had as much interest in the education system as any one else; and therefore there was formed a board of education, separate from the general governing board, with board of education, separate from the general governing board, with the suffrage universal; and later various other boards developed. The question of female suffrage never came up, because it was from the beginning taken for granted without any argument that women should vote on the same terms and just as naturally as men."
>
> As usual woman suffrage spreads.

in the Roston Jewish Advocate of

September 8, 1915, has an article

As usual, woman suffrage spreads. If it had worked unhappily in the first of those villages, the thirty-nine others would hardly have adopted it.—A. S. B. in the Woman's Jousnal.

Broader Training for Women. The Connecticut College for Women, the first one in that State, has not only an endowment of \$1,000,000 for running expenses from Morton F. Plant, but its course of study lays more stress on practical subjects and less on "the humanities" than do most of the women's col-

leges.

For example, the department of dietetics, under the direction of Prof. Helen Bishop Thompson, of Columbia, will teach both the scientific and the practical side of the preparation and service of food with a thoroughness which indicates that the college intends to lift housekeep.

Protect Yourself! Ask for The Original Or You May Get a Substitute The Nourishing Food-Drink tor All Ages

ing into the exact sciences, or perhaps to remove the reproach that all the best paid cooks are men. Evidently, from its announcements, its graduates will be fitted to become matrons or housekeepers for large public institutions, or to keep boarders at a profit, in case they do not find homes of their own.

A similar bent toward the practical may be seen in the announcement

may be seen in the announcement for the fine arts department under for the fine arts department under Mrs. Francesca Bostwick, in which the emphasis is put upon art photography, instead of upon painting or the history of art. Miss Jane Hoagland, of Brooklyn, will, direct a ceramic studio in which pottery is taught, and there is a department of athletics, apparently designed to train instructors for schools or camps instead of merely to maintain the health of the college students. And with these departments to fit women for fields of work into which their entry is comparatively recent, the list of the facility reveals merely one assistant professor of Greek and Latin and one assistant professor of the romance languages, while there are three professors and one in-

the romance languages, while there are three professors and one instructor in English, one professor of German, one of biology, and one of hygiene. Is it possible that President Sykes is seeking to realize the higher education of women as a tool to work with instead of merely as "an accomplishment?" If that is his purpose, he will have no lack of students.—Brooklyn Daily Eagle. Women of Austria.

A heartbroken world will not hesitate to give thanks to the women of Austria. Like all their sisters of Europe, they have suffered the blackness of war and have worked heroically to relieve its sufferings. For that their country may thank

for is their statement, made a few

What the world must thank them

zen who has risen to the occasion and done her duty.

This girl, when her father, the village baker, was summoned to the colors, lit the bakery furnace and, with the help of her ten-year-old brother, tried to fill his place.

The soldiers who are fighting the battles of France are descended from such mothers as this girl and those like her will make. Poincare honors all French women when he honors her.—Evening Ledger, Philadelphia.

W.&J. SLOANE New York - WASHINGTON - San Francisco

## New, Artistic Patterns in FIGURED CARPETS

Our Autumn line of Foreign and Domestic Carpets is rich in beautiful designs and colorings suitable for every room in the house where a figured floor covering is desired. Every dependable quality is represented in our large assortment of all the staple domestic weaves-Wilton, Axminster, Body Brussels, and Ingrain. New effects of fine Imported Carpetings are also on display. The patterns, comprising attractive floral and

conventional designs, as well as a variety of beautiful Oriental effects, include many which are controlled exclusively by us and are not obtainable elsewhere. Prices range upward from \$1.00 per yard. We guarantee accuracy in measuring, making-up and

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### you could obtain plenty of fresh milk, biscuits, and a salad. If so, you will not need to bother with packing your lunch. Rest after eating. Either lie down on the grass or drift about lazily in the boat or

This can be followed by a ramble through the surrounding country, gathering wild flowers and trying to recognize the bird talls.

Walk slowly, with head erect and shoulders thrown back, chest expanded, and breathe deep, full breaths.

Banish All Worries.

by where you are going, and where

Perhaps there is a farmhouse near

Be sure to return home before it grows late, making the trip as qui-etly and serenely as the journey to the woods.

By this time you have learned that
the art of taking a holiday for
beauty's sake is to banish all worries, rest, and relax. A day such as
this will smooth the furrows from your brow, cause the drooping mouth to smile and the eyes to shine with the light of renewed strength

and vitality. I advise every woman to take as many of these holidays as she can during the early autumn. Preparedness.

> Fix the furnace. Buy a ton.
> Winter's coming
> On the run.
> Mend the heavies. Right away; You may need 'em

Any day. Can the Palm Beach, Stuff the straw; Hurry with the Buckwheats, maw, Maybe, if we All prepare, Weather will Continue fair, Seems to be the

One best bet,
What we look for
We don't get.
-Detroit Journal. Egyptian Serenade.

Sing again the song you sung When we were together young-When we were together young—
When there were but you and I
Underneath the summer sky.
Sing the song, and o'er and o'er,
Though I know that nevermore
Will it seem the song you sung
When we were together young.
—George William Custis.

MILLER'S Self-Rising Buckwheat.

NOTICE TO GROCERS Buckwheat season is at hand SELF - RISING BUCK-WHEAT—the brand you customers will like BEST.

stock up on MILLER'S B. B. EARNSHAW & BRO.

HORLICK'S MALTED MILK

All Fountains - Druggists. Take a Package Home